

THE FLYER

Vol 35, Issue 24

PREVIEW EDITION

June 2008

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Welcome to Salisbury University!

By Kristen Kazmarek
Assistant Dean for Student Success and Parent Programs

Welcome to Preview, the official start of your orientation program to Salisbury University! We are genuinely excited that you have chosen SU and our goal is to ease your transition to University life. We know that becoming a college student is very exciting and presents many new challenges. There is so much for you to discover and that process begins now. Preview is an excellent time for you to meet other members of the class of 2012. You are all going through the same thing....so step out of your comfort zone and introduce yourself to several new people. Your preview day is designed for you to get a sample of the academic, social and personal aspects of life here at Salisbury.

By the end of Preview, our goal is for you to have engaged in an advising session and complete your Fall 2008 class schedule, gain more knowledge of student support services, the Office of Student Affairs and the Salisbury academic experience, engage with the upper-class Peer Leaders about true life at SU, and reduce your anxiety about the transition to collegiate life. We have also designed the day to have your parents and family members get a similar experience as well!

Perhaps the most important thing you can do to ease your transition to college is to create vital connections

with faculty, staff and other students. We continue to help you with this during the New Student Orientation program. Whether you are moving into the residence halls or commuting locally, your first day at Salisbury University begins on August 28, 2008. We have a comprehensive five day orientation program that will prepare you for the first day of classes on Tuesday, September 2.

We know your transition does not end on the first day of classes! We also know that students are more successful if they are engaged and involved in University life, especially in the first six weeks of their college experience. It is because of this that we designed the Seagull Success Seminar. This seminar is on your fall class schedule listed as a GENL 001 course. This course is a graduation requirement for all first year students and is designated GENL for residential students or GENL for commuter students.

You can find additional information about the New Student Orientation and the Seagull Success Seminars on the New Student Experience website at www.salisbury.edu/newstudexp. If you have any questions, please feel free to contact us at 410-543-6102 or stop by our office in the Guerrieri University Center, Office 213. The New Student Experience team looks forward to getting to know you and assisting you in any way we can.



Publications photo

Salisbury students navigate the river during the Nantahala Whitewater Rafting program offered through SU's New Student Outdoor Seminar.

Opportunity of a Lifetime

Whitewater rafting in the Great Smokey Mountains or the rapids of West Virginia, viewing the sunrise atop Cadillac Mountain in Acadia National Park in Maine, canoeing and camping in Algonquin Park in Canada, or exploring the Alaskan wilderness. This probably does not describe your last family vacation but it does describe just a few of the exciting opportunities available to all

incoming first year students! The New Student Outdoor Seminar program brings new students, faculty/staff trip leaders and upper-class peer leaders together to have an experience like no other even before the first day of classes. Each trip is an adventure and you will make lifelong friendships on any experience you choose. If traveling far and away does not match your interests, we also have more local experiences with the same adventure in mind but

tapping into the resources at our backdoor. This includes camping and canoeing at Assateague Island, cycling the Eastern Shore, or ropes course teambuilding and leadership development with Beyond the Limits. Spaces are available on a first come, first serve basis, so register early to avoid missing the trip you desire. Registration is online at www.salisbury.edu/newstudexp.

Opportunities abound for student involvement

By Dr. Heather Holmes
Director of Student Activities

The Office of Student Activities, Organizations & Leadership offers students a huge number of opportunities to get involved in co-curricular activities at SU! Research has shown that the greater a student's engagement and involvement in college, the more successful he/she will be in academics and personal development. Through our multifaceted leadership and activities program you can get connected at SU.

At SU you have an opportunity to continue leadership opportunities that you started in high school perhaps serve as a Senator for the Student Government Association or write for the campus newspaper. You also have the opportunity to reinvent yourself, to start anew. If you have never surfed before join the Surf Club or if you have an interest in music become a DJ for

the student run radio station WXSU.

Salisbury University offers over 100 recognized student organizations, everything from Ultimate Frisbee to the Hide and Seek Club to the Student Nurses Association and the American Marketing Association. Check out our website for the most updated list. <http://www.salisbury.edu/saol/> If you don't see a club or organization on the website that peaks your interest, come in and see us and start a new organization! Be an agent for change.

Each and every student pays a student activities fee. Your fee supports the 100+ organizations on campus and allows many of them to program and offer great experiences to you on and off campus. "A student activities fee is a terrible thing to waste." SOAP, the Student Organization for Activity Planning, programs nearly 40 activities a year. Some of this year's highlights

include:

The Post Secret Lecture with Frank Warren; from Comedy Central Comedian Nick Thune; a weekend trip to Boston, MA; and the Spring Concert featuring Fabulous and Reel Big Fish.

The Student Government Association is also serving the student body in a number of important ways and they would love for you to get involved. They are currently making plans for Homecoming '08 with a week long schedule of events around the theme "Gulls Just Wanna Have Fun!" The SGA also coordinates a huge community service event in April for the surrounding neighborhoods called "The Big Event". You can participate in the Big Event and extend a hand to our community and provide service and meet new people!

See OPPORTUNITIES, Page 2



Adrienne Price photo

A Salisbury University student paints faces at Fun Day 2007. Fun Day allows the local community to explore SU.

Fulton School introduces new curriculum

By Sandra Cohea-Weible
Asst. VP of Academic Affairs

Salisbury University is proud to announce to our new students a great opportunity to enhance YOUR involvement in a new educational experience at the University. Starting this year, students participating in courses from the Fulton School of Liberal Arts will have the rare opportunity to participate in four-credit enhanced courses rather than the traditional three-credit sequence that most college students across the country are used to.

The four-credit courses will provide students opportunities to get to know their faculty in meaningful ways, more keenly develop research,

analytical, communication and writing skills, and find a personal voice through writing, speaking and participating in academic and social activities.

The best part is that the additional credit added to the traditional three credit courses will offer students fun and challenging opportunities to participate in classes that may include more trips, arts and theater experiences, interactive group work, self-reflection and service.

Students, too, will be challenged in new ways to focus on their education in a broader context. Students will be expected to manage their time, work effectively in both groups and independently, take the initiative by participating in their college experi-

ence as if it was a full time, 40 hour a week job, and give back to the University community by committing to being an active and involved scholar.

The end result for students who successfully excel in the new program will be stronger grades and a greater commitment to learning, better preparation for graduate school or a job that puts you a step ahead of others, and a more enjoyable experience at SU.

As the first group of students to participate in this new endeavor, the University is excited and enthusiastic to partner with you as we embark on challenges that will bring both you and the University pride and honor. Here's to a great experience!



Publications photo

Courses offered through the Fulton Hall School of Liberal Arts will soon be worth four credit hours.

Story Brief

Don't let roommate worries trouble you

Making the transition to life away from home can be more nerve-wracking than picking a major. Beginning your college career living in a 14 X 14 square foot room with someone you don't even know is just as likely to illicit shivers, nightmares and a cold sweat! But rest assured...

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Make this your University

By Ellen Neufeldt
Vice President of Student Affairs

Congratulations to our incoming new students on selecting Salisbury University as your University! It is my great honor to welcome you here as part of the class of 2012. In addition, faculty, staff and students are excited to welcome you to the SU family.

By making the decision to join the Salisbury University community, you have made a great step toward your future success. SU is known in the University System of Maryland for consistently having one of the highest retention rates, which means that a larger number of students who begin at SU stay through graduation.

So how do you become part of the legacy of success that is Salisbury University? You make SU "your" university. Students that become part of the fabric of their university community by connecting both in and outside the classroom are more likely to

"By making the decision to join the Salisbury University community, you have made a great step toward your future success."

be successful and graduate.

How do you make this happen? You begin today as you visit the campus for preview and orientation, attending every session, meeting as many people as possible, and taking in as much information as possible. These programs are geared toward ensuring your success here, giving you the opportunity and the tools to begin your journey with us. From this point on, you own your destiny. By attending class, participating in active learning, engaging in student activities, and seeking help when needed, you own your experience here at SU. If you seize all the opportunities provided, you will not only graduate, but you will learn and grow, and make life long learning connections.

Today is your day to seize the moment and make Salisbury University your university. What a great journey it will be.

OPPORTUNITIES

From Page 1

Our student leadership program is multifaceted and offers students an opportunity to develop leadership skills in a number of different ways. We offer a six week leadership workshop series which is focused on skill development. In the fall, we offer a leadership conference where college students from around the state are invited to SU to share and learn from each other. Our students can take part in the leadership challenge which is a portfolio system that allows you to develop and showcase your leadership abilities throughout your college experience; a compilation of your best stuff to share with

SU's Relay for Life teams continue fundraising efforts

By Douglas Allers
Staff Writer

Salisbury University's top-ranked Relay For Life has raised more than \$93,000 for the American Cancer Society (ACS) so far this year – and fundraising efforts continue.

Like the years before, the American Cancer Society's Relay for Life was a huge success this weekend of May 2 & 3, bringing in thousands of dollars for cancer research, education, patient services and advocacy programs. There were 107 teams and 947 registered participants. Before the event even began, the SU community had already raised over \$62,000.

"The fact that we as a school and a community are raising so much money for cancer research is great," said senior Bryan Babcock. "It shows that people here really want to help out."

The event, which helps the American Cancer Society work toward their goal of eliminating cancer, has always been a huge success at SU. In 2007, Relay for Life raised over \$100,000 for its third year in a row, allowing SU to be one of the top colleges across the country to raise money for cancer research.

SU was also named one of only 20 "Leaders of Hope" by Colleges Against Cancer, an American Cancer Society program that unites college students, faculty and staff from more than 300 campuses in the fight against cancer.

The event is an overnight experience to "represent the fact that cancer never sleeps." Opening Ceremonies were immediately fol-



Sarah Wright photo

Relay for Life chair and cancer survivor Justin McJilton, President Janet Dudley-Eshbach and cancer survivor Jessica Schremp join together for the survivor's lap. For the past four years, Salisbury University's Relay for Life has been named one of the top collegiate Relays in the nation.

lowed by a survivors' lap. The event came to its close Saturday at 6 a.m. This was Salisbury University's seventh year hosting the event.

Across the intramural fields one could see students, faculty, staff and community members dressed in costumes for this year's theme "Lights, Camera, Cure!"

Lambda Pi Eta chose *The Mummy* as their theme, and many people were dressed in elaborate period pieces from *Titanic*.

Each year a different theme is chosen and so that teams can coordinate fun ways to make money at their

booths or camps. Sororities and fraternities were on hand to sell items such as Rockstar Energy Drink, bottled water, nachos and other goodies. Live music performers played at the "relay track" on the intramural fields.

Relay for Life is a fun event for an extremely worthwhile cause, but is also very emotional as it is a time to remember those who have lost their battle with cancer and help find a cure for people who are currently fighting the disease.

"It's a very emotional time. People talk about loved ones they have lost, but it is also a time to celebrate sur-

vivors. I think it's great that students and people of the community have made such a huge impact," said graduate student Jen Spicer.

"The entire community has gotten involved," said student Jennifer Purkins, who attended a tailgate fundraiser held at the Monkey Barrel on the Friday afternoon prior to the event. "It really shows that so many people are affected by this disease."

Currently, in the United States alone, 294,120 men and 271,530 women have died from cancer in 2008. Cancer is the second leading cause of death in the U.S.



Sarah Wright photo

Construction of the new Teacher Education and Technology Center is near completion and will open its doors to students this Fall 2008. The environmentally-friendly building will house an Integrated Media Center with state-of-the-art technology.



Sarah Wright photo

Lili Afkhami, Jennifer Slaughter and Allison Hueber get ready to volunteer in the community for The Big Event.

YEARBOOK SALE

THE FLYER IS SELLING A SURPLUS OF SU EVERGREEN YEARBOOKS FROM SELECT YEARS!!!!

\$5

TO PURCHASE OR PERUSE, VISIT GUC 215 9:30 A.M. - 4 P.M. MONDAY - THURSDAY

IF THEY MAKE GREAT GIFTS FOR FAMILY & FRIENDS OF SU ALUM!

\$5



Fall 2008 Meal Plan Options

A Everything Plan \$1,899/semester
• Unlimited access to the Commons 7 days a week
• \$250 in Dining Dollars
• Six guest passes
*Dining Dollars can be added to this plan at a 10% discount

B All Day, Everyday Plan \$1,764/semester
• Unlimited access to the Commons 7 days a week
• Four guest passes
*Dining Dollars can be added to this plan at a 10% discount

C 12 Plus Plan \$1,749/semester
• 12 meals each week to the Commons (Mon-Sun)
• \$250 in Dining Dollars
• Two guest passes

D 10 Meal Plan \$1,249/semester
(Chesapeake Hall Residents only)
• 10 meals each week to the Commons (Mon-Sun)
• Two guest passes
*Dining Dollars can be added to this plan at a 10% discount

E 5 Plus Plan \$952/semester
(Chesapeake Hall Residents only)
• 5 meals each week to the Commons (Mon-Sun)
• \$250 in Dining Dollars
• Two guest passes

*One meal per meal period.

410-543-6105 • www.salisbury.edu/dining

Welcome Week Events

Thursday, August 28
Survival of Arrival

Casino Night
9pm to midnight

Friday, August 29
Wal Mart Rides
6-8pm & 10pm - midnight

Think Fast Game Show
8 p.m.

Saturday, August 30
Bus to Shorebirds Game
7:05 pm

Movie:
Iron Man
8pm

Sunday, August 31
Comedian Vidur Kapur
8pm

Monday, Sept. 1
Seagull Splash
2-5 pm
Florez Band
3-4:30 pm

Tuesday, Sept. 2
Karaoke 7 pm

Thursday, Sept. 4
Student Activities Fair
Jeff Mandell's Toons and Carica Tees

Friday, Sept. 5
Saferide Rock the Quad Event
11 am - 3 pm

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Important dates from the SU Financial Aid Office

By Barri Zimmerman
Financial Aid Director

Congratulations on your decision to attend Salisbury University! This is the beginning of a new and exciting chapter in your lives and we are delighted that you chose Salisbury University as your "home" for the next few years.

We know that financing your education is an important issue for both students and parents and it is the mission of the Financial Aid Office to provide you with information and resources to assist in the financial support of your educational goals. To apply for most types of aid, you must complete the Free Application for Federal Student Aid (FAFSA). The FAFSA can be completed online at www.fafsa.edu.gov. The application must be renewed each academic year for you to continue receiving financial aid. The priority filing deadline for the FAFSA is March 1st for the upcoming academic year. Students who have completed the FAFSA by this date will be considered first for need-based financial aid.

As a new student it is important to keep academic achievement as a priority. In order to continue receiving financial aid, you must maintain satisfactory academic progress toward your degree. The official policy for satisfactory academic progress can be found on the financial aid section of Salisbury University's website. The staff of the financial aid office takes great pride in processing your request for financial aid in the most efficient manner possible. It is important for you to check your campus email regularly for messages regarding your financial aid status. In addition to checking your email, you should also check your on-line "To Do" list on GullNet regularly. Keeping yourself up to date with regard to these two forms of communication can greatly reduce delays in the processing of your financial aid. Your "To Do" list may be found using the following path on GullNet: Self Service>Campus Personal Information>To Do List. Important Dates to remember: Fall 2008 semester bills will be mailed by the Cashiers' Office during the week of July 14th. Bills are due on August 4th. Your bill may be satisfied entirely by financial aid, or you may consider a combination of resources including personal funds and financial aid.

The financial aid staff is available during office hours to respond to your financial aid questions and requests. No appointments are necessary. You can seek assistance in the office (Holloway Hall, room 213) on a walk-in basis or you may call the office at (410) 543-6165 to speak with a financial aid representative. We look forward to working with you and wish you great success in all your endeavors here at Salisbury University.

Important Reminders

- Fall 2008 semester bills will be mailed the week of July 14th
- Bills are due August 4th
- The priority filing deadline for the FAFSA is March 1st for the upcoming academic year.
- You can seek assistance in the office (Holloway Hall, room 213) on a walk-in basis or you may call the office at (410) 543-6165 to speak with a financial aid representative.

No Matter the Letter, Greeks Do It Better

By John Stout
Student Life Coordinator

Guided by the core values of citizenship, scholarship, leadership, friendship and personal growth, Salisbury University's Fraternity & Sorority Community is positioned as the premier co-curricular experience on campus. With a membership base approaching 500 undergraduates in 12 Greek-letter organizations, or approximately 7 percent of the student body, fraternity and sorority involvement is on the rise. Additionally, the University has been aggressive in the pursuit of expansion opportunities that will create a more diverse and inclusive Greek Community.

Multiple national studies have reinforced what we already know about our Greeks at SU. Fraternity and sorority members experience higher collegiate GPA, satisfaction, retention, graduation and community service rates than non-Greeks. Additionally, Greek alumni earn a



Greek Life photo

Members of the Panhellenic Association Executive Board Jenny Hackett, Melwih Salim, John Stout (Student Life Coordinator), Lindsay Aulbach and Stephanie Dietz show off their letters and their Greek pride.

are academically successful, civically-engaged, socially-adapted and hold some of the most prestigious leadership positions on campus. Did you know that Greek under-

graduates and alumni represent less than 3 percent of the U.S. population? But...

- Since 1825, all but 2 U.S. Presidents have been Greek.
- Since 1910, 40 of 47 U.S. Supreme Court Justices have been Greek.
- 76 percent of all U.S. Congressmen and Senators are Greek.
- 85 percent of Fortune 500 executives are Greek.
- Of the nation's largest 50 companies, 43 have CEOs that are Greek.

For more information about Fraternity & Sorority Life at Salisbury University, please visit: <http://www.salisbury.edu/sao/greek/>

Exercises to help avoid roommate drama

By PJ Boggio
Assistant Director for Residence Life

Making the transition to life away from home can be more nerve-wracking than picking a major. Beginning your college career living in a 14 X 14 square foot room with someone you don't even know is just as likely to illicit shivers, nightmares and a cold sweat! But rest assured, 95 percent of all the roommate pairs we ever see work out beautifully so the odds of you being successful in your soon to be living environment are in your favor. The five following exercises are designed to help you get your mental self in tip-top shape and put your mind at ease concerning your roommate next year.

(1) Reach both hands over your head and take a deep breath in. Hold for five seconds and EXHALE. Lower your arms. The first thing you are going to want to do is relax. In my many years as a residence life professional I've found time after time that students get themselves worked into a frenzy over nothing. To make matters worse they work themselves into such a frenzy that they then work their parents up into an even greater frenzy! If you are anticipating the worst, you are just as likely to subconsciously behave in such a way as to make it so. So why not expect the best or at least something good? The power of suggestion is a force to be reckoned with so keep your mental anguish in check. Millions of college students have done this for hundreds of years and 99.9 percent of them turned out just fine. Trust me, you will too.

(2) Take your right (or left) hand...reach out for the mouse...use your index finger and close your internet browser. Repeat if necessary. Let's face it, technology is a wonderful thing. But when it comes to digging up dirt on someone else it's both a blessing and a curse. In pre-historic times students showed up to college on move in day and "discovered" who they had been placed with. I often wonder what my move in day as a professional would be like if we still did it this way? Fortunately, to bring ourselves into the 21st century we've gone away with such an archaic system and we send you your roommate information in July. That's when the real trouble begins...although we SEND you your roommates phone number...you, being a YOU and used to technology which is more instantaneous and, let's face it, gratifying not to mention emotionally safe, you decide you'll look them up online first. Great idea! Not. If this is your urge than go back up to the beginning of step two and REPEAT. Repeat. Repeat. Here lies the danger with going online in lieu of making personal contact with your soon to be roommate: Many of us tailor our Facebook and myspace pages to be entertaining for our friends. Friends, you know, the people who think your wit and humor is actually funny? Those who put up with you despite your quirks? And get all your "inside jokes"? Consider for a moment how these pages portray you to someone who has never met you. The same person who is about to commit to spending a fair chunk of everyday for the next 9 months sleeping/studying/working six feet away from you? Frequently we see material on these pages that implies bias, that great memory and those photos of that one incident/party/graduation night (you know the one I'm talking about) make you look like a booze hound, or worse. Do everyone a favor and pick up the phone. You're going to be living with a real human being soon so learn to communicate like real human beings do: CALL THEM! Discover who they really are. If you



Internet photo

Don't stress out! Practicing open communication and understanding with your roommate is imperative for a positive and comfortable living situation.

with a buddy, a pal or heaven forbid your BFF from high school. If you and your friend have decided to all attend Salisbury together and someone broaches the subject of living together...coordinating your comforters sets and going halves on an entertainment system," we know you are! I would have to strongly encourage you to practice move number three at varying degrees and for extended lengths of time. My caution to all incoming students is DO NOT ROOM WITH YOUR FRIENDS. Students think we tell them this because we revel in their discomfort which is not true. Over the years my colleagues and I have seen some truly terrible roommate situations and the vast majority of them happened between two friends that moved in together. Something happens when you share a small amount of space with someone you already know and even know well; to quote MTV "you stop being nice and start getting real." Don't be surprised when the honeymoon period is over and your best friend becomes a source of major aggravation for you, or when they haven't made as many friends in their classes and clubs as you have and they start to cling and stifle your social life...or worse yet, jealousy rears her ugly head and the gloves come off! Consider, with a heavy, heavy heart whether this is someone you are willing to lose forever or whether your friendship is more important to you in your life. If your friendship with this person is of any value to you, practice step number three and say "no." You won't regret it. See step five for a variation of this much needed exercise!

(4) Raise your right hand to your left shoulder. With your hand sweep off your shoulder from

your neck to your arm and repeat. Sometimes in life we just have to learn to "brush it off." There are going to be plenty of opportunities in your life to practice this move but perhaps none as prevalently as you will while rooming with someone during your collegiate years. Try and remember not to let the little things build up and irritate you. Try and remember that everyone is entitled to an off day, an off comment or an insensitive remark. When you live in such close proximity with someone you will be in a unique position to see them on the good days and the bad, to see their most vulnerable times and their most ecstatic. We all tend to take ourselves a little too seriously and often neglect to recognize when someone else is just letting off some much needed steam. Use this exercise when necessary and avoid running to your clique of friends and bad-mouthing your roommate...this will inevitably only make the matter worse. Take it in stride and forgive your roommates imperfections as often as you criticize them.

(5) Put both hands on your hip. Turn your head to the right, now the left, back to the right and finally to the left again. I've saved this exercise for the very last as it is the most critical skill you will need to develop in order to live in harmony with a peer. Learn to say no. "No, it's not ok, if your high school friends spend the weekend." "No, I prefer to study without the music at an excruciating level thank you," or just "No, I'm not comfortable ignoring the problems going on in the room." Learning to say no does not make you a bad person. Learning to say "no" allows you to practice the ancient art of standing up for yourself. Be assertive. Allow your voice to be heard. Many roommate conflicts gone bad can be boiled down to this very equation. One party never let the other one know that they had a problem with the habits or behaviors of the other. "You

"My caution to all incoming students is DO NOT ROOM WITH YOUR FRIENDS. I have seen some truly terrible roommate situations and the vast majority of them happened between two friends that moved in together."

PJ Boggio
Assistant Director for Residence Life

never said you had a problem with it" is not an uncommon phrase when getting to the bottom of these issues. The sooner you figure out that your roommate is not a clairvoyant mind-reader and you can learn to set healthy boundaries for yourself and your belongings the easier your rooming situation is going to be and, quite honestly the more successful you will be in life. You've heard this in another context I'm sure, but "Just say NO," you won't be sorry. Some of the greatest of life's lessons will be taught to you outside of the classroom. Learning to get along with others is an essential skill and living on (or off) campus with a roommate or group of students can teach some very valuable life-skills. Take these "exercises" into consideration, learn how to assert yourself (without losing your dignity) and embrace the journey you are about to begin. Best wishes for a successful beginning to a successful college career!

Healthful Hints for Students and Parents

By Jennifer Berkman
Director of Student Health Services

For some years now, most students have been patiently (?) waiting to be in control of their own lives. Parents have worked, in most cases, to get their student to a place where they can take care of themselves. In the mix of all this transition to independence are health issues. While most college students are healthy, some have varying degrees of health challenges.

The average student still needs to worry about staying healthy... eating right, getting rest, managing stress, avoiding accidents and injuries, making healthy choices about substance use and exercising. Building a healthy lifestyle goes a long way in making sure goals and aspirations can be met...in the classroom, on the athletic fields, in social situations, and interpersonally.

Some students bring with them chronic health conditions. The length of time that a student has been managing a condition varies greatly. Some have lived with health challenges their whole lives, or were diagnosed at a very young age. Others developed problems more recently. The level of comfort a student has in managing their condition also varies, depending on their level

"We [SHS] promote healthy choices and healthy living to insure that an accident, injury or illness doesn't prevent a student from finishing a semester or their college degree."

- Jen Berkman
Director of Student Health Services

of stability in the treatment and care of their condition, how much their parents have been involved in the day to day management of their health, and how ready they are to take on the challenge themselves.

Other students will become newly diagnosed with a condition or may suffer from an injury once they are in college. This change in health status can be extremely stressful, even tragic.

It is the goal of SHS to help students, as much as possible, navigate health issues so that they can stay in school. We promote healthy choices and healthy living to insure that an accident, injury or illness doesn't prevent a student from finishing a semester or their college degree. We take the student's lead in assisting as much as or as little as they need. If a student is newly managing a health condition, they may need more support at first, and then less as time goes on. Likewise, students with chronic conditions who have managed them for a long time may only need assistance once in a great while.

Regardless, it is important for students and parents to know that Student Health Services (SHS) is available to assist students through all of these transitional issues. SHS is a primary, ambulatory care facility, much like any primary care physician's office. Located in Room 180 Holloway Hall, all students are eligible for services...full-time, part-time, on-campus, off-campus, and graduate students. Services are confidential. Any student or student/parent who wants to consult or share information with SHS medical staff is encouraged to do so. We are ready to work with any student to make sure their health needs are taken care of while at SU. For more information, go to: www.salisbury.edu/health or call: 410-543-6262. The entire SHS staff looks forward to making your experience at SU a happy and healthy one.

Keys can unlock potential for students with disabilities

By Nikki Dyer

Student Disability Services Coordinator

Students with disabilities, just like all students, are using the summer months to prepare for the big move onto campus. As they begin packing for college, many are including their iPod, alarm clock, shower shoes and laptop – but what about their keys? They certainly will need those. No – not their car keys but their “keys for unlocking success at SU.” While potentially beneficial to any student, these keys are especially important to students with disabilities as they prepare to “unlock” their full potential.

The first key is, “Know thy self.” It is important for students with disabilities to be able to identify their strengths and their challenges. Building upon their strengths and developing strategies for addressing their weaknesses is not only critical to academic success but is an essential piece of personal development. When students are aware of their strengths, they are better able to navigate toward experiences which allow them to transfer and apply their existing skills. This bolsters their self-confidence and instills an authentic sense of “fit” between the student and their environment. Taking this awareness of their personal strengths one step further, when these students are able to readily communicate these strengths to those around them – to include orientation leaders, academic advisors, faculty and staff, and fellow students – they are creating interactions, environments, and experience which are positive and empowering.

To identify some of their strengths, students should ask themselves, “What are my skills? What kinds of tasks do I enjoy doing? Why do I enjoy doing these tasks? In which high school courses did I do very well – and why did I excel in those courses? Does math come naturally to me? Am I a gifted writer? Do I do well in courses that promote group work, hands-on projects, or classroom discussion?” On the flip-side, student should ask themselves, “What tasks or courses challenge me most and why? What skills do I need to build – to include time management, organizational, social, and the like?” Also, students should ask themselves, “What resources on campus can help me to address my challenges? Career Services, the Writing Center, tutoring sessions, and other programs and services on campus are designed to help students, but only if they make a commitment to themselves to use them.

The second key is, “prepare to be in the driver’s seat during your transition into college life and throughout your college career.” Without a prescribed daily schedule, so many social opportunities of which to take advantage, and the demands of living on one’s own coupled with not having their parents around, having larger classes, and with the differences in the roles, rights, and responsibilities of college students as compared to those of high school students, all students can find acclimation and integration into college to be demanding. For students with disabilities, these challenges can be experienced more severely – as they have added responsibilities and challenges associated with disclosing their disabilities, articulating their needs as related to their disabilities, and actively seeking accommodations along with campus resources – all on their own.

Students with disabilities should prepare for being more independent and self-reliant in college. To do so, they should familiarize themselves with their campus community – including knowing what resources are available on campus and off – and they should take on the mindset that what they don’t know can be detrimental to their success. Students should take the time to familiarize themselves with the Academic Catalog, the University’s Web site, and the Student Code of Conduct. When asking students with and without disabilities what

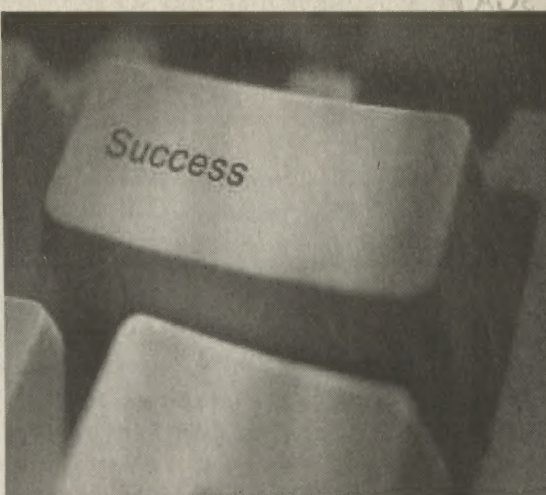


Internet photo

the biggest difference between high school and college is, they often comment that it is the expectation that faculty, staff, and students have of them to be an actively-engaged, informed, and independent learner who is accountable for their achievements and shortcomings. In other words, it is during the college years that the student is expected to take the lead in their academic and personal development. By acknowledging and accepting this reality, students with disabilities can find themselves “driving in the fast lane on the road to success!”

The third key is “develop healthy social networks on campus.” Students with disabilities may or may not have had opportunities for socialization in high school which are comparable to those at SU. Learning to effectively communicate and develop relationships with others is fundamental to academic and personal development. Students who establish a close group of friends are more likely to feel that the rewards of having their peers serve as an informal support group as they encounter challenges in the academic environment. As students with disabilities learn about others, and others learn about them, they gain more awareness of themselves and others. This awareness can allow students to experience a sense of new-found pride in themselves and respect for those are different from them. This type of learning lies at the core mission of most colleges and universities, which strive to educate individuals in ways that prepare their students for a seamless entry into a globalized society and modern workforce.

To develop social networks on campus, students with disabilities are encouraged to join student clubs and organizations, seek leadership opportunities on campus, and take advantage of the on-campus events which are offered year-round. Many career and life skills are gained by being actively engaged with peers. By taking the time to seek out new, exciting, and different opportunities to meet others, students with and without disabilities can develop new friendships – some which will last a lifetime.



Internet photo

Multicultural Services welcomes you to SU

By Vaughn P. White

Director, Office of Multicultural Services

The Office of Multicultural Student Services continues to evolve and change as we enter our fall 2008 semester. The expanded

Multicultural Center includes a Spirituality Center and Meditation Area for all faiths. The staff is looking forward to the utilization of the additional space through additional programs and activities. An Open House is planned for the beginning of fall semester.

In keeping with our vision of providing programs, activities and awareness for the total University community a list of great programs and activities are on the slate, such as, Pre-Matriculation Intercultural Connection, Peer Mentor-Mentee Program, Early Warning System, Multicultural Alliance for Student Organizations, Hispanic-Heritage Month, Kwanzaa, African American History Month, Multicultural Festival Week, Islam Awareness Week and Multicultural Leadership Weekend.

The student organizations sponsored

by our office have established many traditions that have been supported over the years. Please be supportive of as many organizations as possible. There is a plethora of clubs in which to be active including: Asian Pacific Islanders, Untouchables, Passion 4 Fashion, Casser le Moule, African Student Association, The TRUTH, Muslim Student Association, SU Step Squad,

SU Gospel Choir, Jewish Student Association, Union of African-American Students, NAACP Student Chapter and BTGLASS.

Please continue to keep your eye on the prize – A University degree with a balanced lifestyle. Our offices are open 8 a.m. – 5 p.m. each day with evening hours based on programs and activities. Please stop by to see us!



Leslie Pusey photo

The SU campus community packs the pergola during the Multicultural Festival held annually during the first week of May.

Don't forget! A handy list of items to bring to campus

By Gwendolyn Owens

Asst. Director for Data Management Assignments in Residence Life

As you prepare to pack your room and move your life to Salisbury, there is plenty to think about, who you will live with, what your classes will be like and who you will make friends with. The trick is getting here for those things, but before you arrive you will need to make sure you have everything that you might possibly need! Some students take to this change with gusto, others put it off until the night before and end up borrowing everything they should have packed from friends. Here is a list of things that will likely come in handy during the year. Not all of them are a must, but hopefully there will be some in this list that you hadn't thought of.

- ☐ Television
- ☐ VCR / DVD player
- ☐ Refrigerator (or a micro-fridge combo unit, kingfridge.com)
- ☐ Cell phone with good service/coverage where your college is
- ☐ Digital camera to capture all your new friends and fun
- ☐ iPod/MP3 player/Stereo with a docking station
- ☐ Computer, with peripherals
- ☐ Power strip/surge protector (NEW!)
- ☐ Sports equipment (football, volleyball, basketball, and any other type of ball)
- ☐ Desk Lamp
- ☐ Alarm Clock (maybe two)
- ☐ Laundry bag or basket
- ☐ High Efficiency Laundry soap/ Stain Remover
- ☐ Knowledge of how to do laundry
- ☐ One or more rolls of quarters (for vending machines, tolls, etc.)
- ☐ Tide To Go Instant Stain Remover
- ☐ Sewing kit (needles and thread, safety pins, two-sided tape, etc.)

- ☐ Eating utensils (preferably plastic)
- ☐ Cups and plates - plastic (washing dishes in a bathroom isn't fun)
- ☐ Bedding (our beds are extra long and those sheets fit best, but some twin sheets do fit)
- ☐ Anything to decorate your room and make you feel at home
- ☐ Iron and small ironing board
- ☐ PDA/organizer/planner
- ☐ Backpack
- ☐ Bike and (good) bike lock (kryptonite)
- ☐ Fan
- ☐ Bath towels, soap, robe, etc.
- ☐ Personal hygiene items (toothpaste, deodorant, etc.)
- ☐ Shower shoes
- ☐ Shower caddy for toiletries
- ☐ Small can-opener and bottle opener
- ☐ First aid kit, including Band-aids, antibiotic ointment, ace bandage, etc.
- ☐ Tylenol or other pain reliever
- ☐ Umbrella
- ☐ Raincoat, rain shoes/boots
- ☐ Pictures of family, friends and/or pets
- ☐ Your insurance card/health insurance information
- ☐ Phonebook from your hometown (so you can call and order flowers for your Mom on her birthday, etc.)
- ☐ Swimsuit(s)
- ☐ Workout and/or sports clothes
- ☐ “Dress” clothes (guys, this means at least a blazer and one or more ties)
- ☐ “Grubby” clothes (who knows if you'll go clean up along the highway, paint someone's house or need to play mud football)
- ☐ Stapler (you need to staple those papers)

Cool Beans Cyber Café

Located in the Guerrieri University Center.



Starbucks® Coffee, Fruit Smoothies, Gourmet Pastries, Salads & Sandwiches, Internet Access

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Salisbury University

Students practice campus civility, community

By Dane Foust

Associate VP of Student Affairs

Remember the good old days when men held doors for women, drivers let others into traffic and people smiled and waved to one another on a busy sidewalk? Sounds like something out of a 1940s black and white flick.

“Many of our students spend much of their out of class hours helping others at soup kitchens, hospitals, in schools and throughout the community.”

Picture Carey Grant as the romantic, courteous all-American guy in the fedora and grey flannel suit looking lovingly at his object of affection. Is chivalry dead?

It may not be, but it has certainly taken on a new look. But you didn't know that students today participate in more hours of community service than at any time in

the recent past. Many of our students spend much of their out of class hours helping others at soup kitchens, hospitals, in schools and throughout the community.

Believe it or not, many times these are not class requirements; they're doing it for fun! Students are passionate and that passion spells a revival of many important traditions. Many students today understand their responsibility to society and appreciate that their individual works contribute to the greater good. Thanks need to be offered to their hard working and caring families and friends for fostering a value system that shows regard for others.

On the other hand students, many times unknowingly, may commit faux pas that go against the grain of civility. It is easy to text or send an email without thinking how the recipient will receive it. Many times students forget the company they are in and may liberally sprinkle their vocabulary with words that were better left unsaid. In the hustle and bustle of today's busy life, it is easy to forget the importance of offering a kind word or letting others know you care for them.

As Salisbury University we want to reinforce the importance of using good judgment, being a good citizen on campus and in the community, and treating others with the dignity and respect they deserve. The following are some important do's and don'ts on how to prosper in a civil university:

Don't:

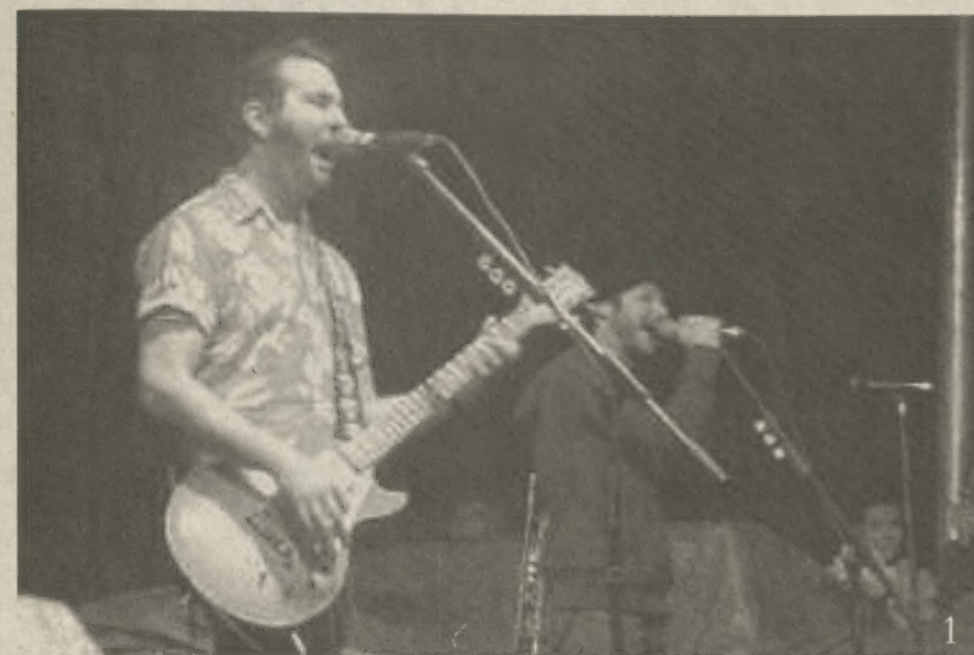
- Name Call
- Gossip
- Play the “blame game”
- Hold grudges
- Hit, hurt, intimidate

Do:

- Respect differing points of view
- Be a good role model for peers and others
- Respect others' time and space
- Compliment at least one person each day
- Take a moment to think before responding both verbally and in writing
- Forgive yourself

These are just a few tips on how to successfully navigate in a civil campus community. Many of these lessons you've already learned in kindergarten. Sometimes in the heat of the moment they're easy to forget. If you need someone to talk with, consider making an appointment at the Counseling Center (410-543-6070). The University is here for your success. Please make this a healthy, safe, and growthful year.

Photo Bank: Highlights from a great year



Get involved!

Because a student activities fee is a terrible thing to waste!

1. Reel Big Fish pumps up the crowd at the 2008 Spring Concert. Other acts included Fabolous, Boats to Tangier and The Tim Blaine Band. Leslie Pusey photo
2. Wheelbarrow racers cross the Quad at the 2008 Spring Olympics hosted by RHA. Telesia Taylor photo
3. Passion 4 Fashion members strut their stuff at the MultiCultural Showcase. Leslie Pusey photo
4. Members of “Team Zissou” Dwayne Ravello and Aaron Sperling don their best Life Aquatic impressions while participating in the Red Bull Gravity Challenge during the Earth Day festivities in Red Square. Leslie Pusey photo
5. The German Club hosts their annual Oktoberfest complete with games, music, jousting, traditional German garb, food and tasty beverages. Adrienne Price photo
6. SGA President Pat Gotham searches for the perfect outfit at the SGA's Flea Gull Market. Leslie Pusey photo

S.O.A.P. semester events

9/9 - Comedian Loni Love w/ Baron Vaughn

9/20 - Snakes Alive!

9/22 - Lecturer Doug Lansky - World Travel Expert

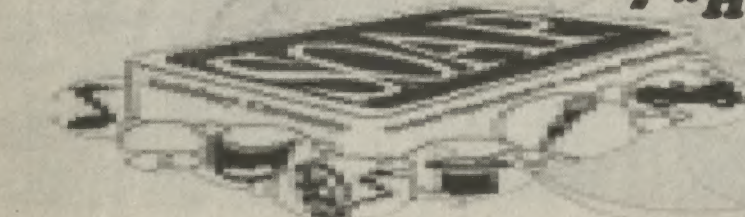
9/24 - Clearly You Crystals

9/27 - National Mall Trip

10/9 - Open Mic Night

10/15 - Halo Tournament

10/16 - Lecturer Amber Madison - “Hooking Up”



10/22 - Comedian Lee Camp

10/25 - Busch Gardens Trip

10/31 - Magician/Mentalist Wayne Hoffman

11/5 - Concert Performances by John West & Andy Grammer

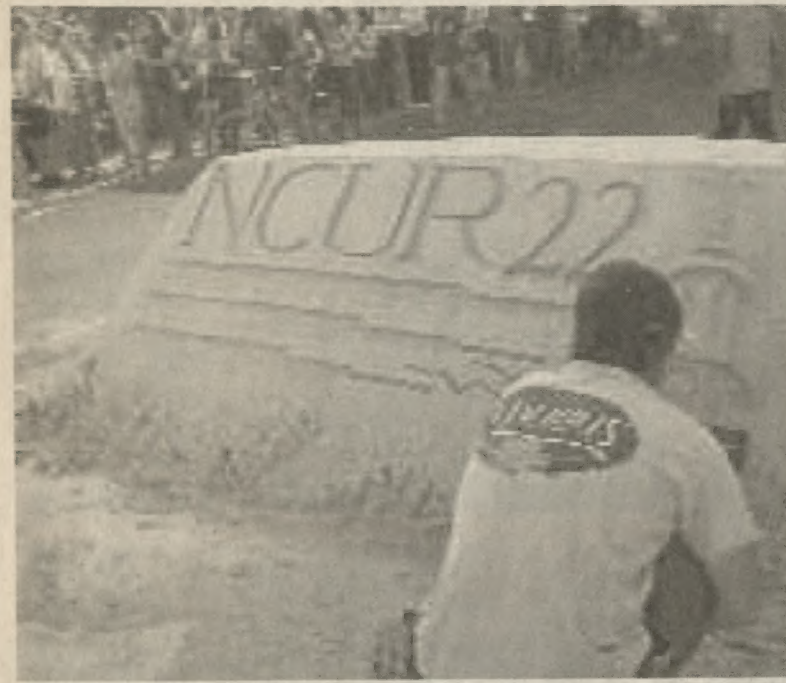
11/16 - Harry Potter Movie & Trivia Night

11/20 - Harry Potter Movie Bus Trip

12/6 - King of Prussia Mall Trip

12/8 - Comedian Johnny Walker

SU hosts 2008 NCUR



A local sand artist completes his NCUR masterpiece as the crowd gets in line for the beach party.

SALISBURY, MD— The city of Salisbury became an academic mecca this past April as more than 2,800 student scholars and faculty descended upon Salisbury University for the 22nd National Conference on Undergraduate Research (NCUR).

This is the second time in a decade that the conference has been in Maryland, both times at SU. Some 350 colleges and universities were represented and the diversity is remarkable from Harvard and Vassar to the Borough of Manhattan Community College and the University of the Virgin Islands.

Although it's not an athletic competition, NCUR is, in some ways, a March Madness for brains. The nation's largest undergraduate research conference, NCUR ran for three days (April 10-12) and is unique in its emphasis on undergraduate research. While students in graduate school are expected to spend a significant amount of time working on research projects, expectations of undergraduates for such independent work have traditionally been lower.

The undergraduate scholars who presented at NCUR, however, have

the \$1.5 million the NCUR delegates will spend to take part in this event will stay in our local economy."

"Because funds are coming to our area from outside of our region, the multiplier effect (the number of times those funds will churn in our local economy) will be greater than would be the case for an equal amount of spending done by locals," Drinker added, which makes the economic impact greater during an "off-season" weekend.

NCUR is not all work and no play. Thursday evening provided participants a chance to unwind at Crown Sports Center and Delmarva Paintball. Friday culminated in an evening "Beach Party," including 20 tons of sand deposited on SU's Henson lawn and a live steel drum band. Students were able to mingle and dine before a massive sand sculpture created to commemorate the conference.

Optional Saturday afternoon daytrips included a bike ride at Assateague Island, a cruise around St. Michael's and hiking at Blackwater National Wildlife Refuge.

Four plenary speakers delivered featured talks, including Eastern Shore native Thomas Horton, one of the nation's preeminent environmental writers. Others are scientist Tyrone Hayes, noted for his work measuring water contamination by observing physical changes in frog populations; Emmy Award-winning TV producer and director Rudy Bednar, director and executive producer of ABC News All Media, noted for his work on 20/20 and Primetime Live; and Anne Foerst who has served as theological advisor to the Artificial Intelligence Laboratory at MIT and investigates the connections between new media, religion and the place of theology in a modern world.

To check out more pictures visit the NCUR Web site at www.salisbury.edu/ncur22.

Dr. Memo Drinker, director of the Business, Economic and Community Outreach Network (BECON) of SU's Franklin P. Perdue School of Business, estimate "between a third to nearly half of

sometimes put hundreds of hours into research that they voluntarily pursued out of love for their subject."

"It's extremely gratifying to be able to present your work to an audience. Scholarship or research done outside of a class can easily go unnoticed," said SU student Clayton Aleup of Columbia, MD. "At NCUR, it's great to be able to share it with others."

NCUR's economic impact on the local community is substantial. Salisbury area hotels are booked solid through the conference, with hundreds of rooms also reserved in Ocean City. Flights at Salisbury-Ocean City Wicomico Regional Airport bracketing the conference were sold out.

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Club Spotlight Best Buddies

By Danny Ross
Staff Writer

With all the club choices on campus, you may find it difficult to decide which one(s) you would like to join. There are some organizations that are too rewarding and fun to ignore and Best Buddies is one such club.

Best Buddies gives you the opportunity to develop a meaningful relationship with someone who has an intellectual disability. The mission of Best Buddies is to enhance the lives of people with intellectual disabilities by providing opportunities for one-to-one friendships and integrated employment.

Best Buddies has chapters in middle schools, high schools, and colleges all across the U.S., and has started to expand to other countries. The organization started in 1989 and was founded by Anthony Kennedy Shriver. Best Buddies global headquarters is currently located in Miami, FL, and the Maryland headquarters is located in Baltimore.

The chapter at SU is one of 20 college chapters in our region (MD, DC,

some parts of NJ). The SU chapter has 26 matches who "hang out" a minimum of twice a month and talk on the phone at least once weekly. Chapter members often go and have lunch with the buddies at their work place, Lower Shore Enterprises, an organization dedicated to providing employment for disabled persons.

Events that took place this semester included a Valentine's Dance, Picnic at the Zoo, and a Delmarva Shorebirds game. The group also participated in this year's Relay for Life event this past May 2 and 3. The final event for the semester concluded with a picture party.

If you do not have time to volunteer locally, Best Buddies has a feature called "e-buddies." This is a great way to develop a meaningful relationship through e-mail and a perfect way for people to get started volunteering with the

organization.

Best Buddies is also

committed to helping individuals find employment. "Best Buddies Jobs" is a supported employment program. Its goal is to secure competitive, paying jobs for people with intellectual disabilities. The program targets job sites, competitively places individuals and promotes ongoing support and training with emphasis on socialization skills, enabling people with intellectual disabilities to work alongside others in the community.

"Best Buddies is an amazing organization and I am so thrilled that it has become such a force at SU. People with intellectual disabilities throughout history have been isolated, and it is so great to be part of a club that works so hard to bring these individuals into mainstream society in a way that is so mutually enriching," said Daphni McRann, president of Best Buddies.

One astonishing thing about this organization is its strength in numbers. Best Buddies has rapidly increased its membership on campus.

"In addition to our matches, we have an abundance of associate members who do not have one particular buddy but participate in Best Buddies activities and events, making our chapter one of the largest college chapters with over 100 members," McRann said.

In addition to increased membership, SU's chapter has something to be especially proud of this year. Last Saturday during an awards ceremony in Baltimore, the SU chapter of Best Buddies won the "Outstanding College Chapter of the Year" award for Maryland.

If you are interested in joining the club or would like to learn more about Best Buddies, you can contact Andrea Dever at ad17873@students.salisbury.edu or visit www.BestBuddies.org.

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Leslie Pusey photo

Best Buddies enjoy tossing around a fun facts ball during this year's Admitted Students Day.

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SPORTS

Student Athlete Spotlight..... Nick Fiorentino

By R. L. Pusey
Student Publications Coordinator

Nicholas Fiorentino is a recent college graduate who has earned his Bachelor of Science degree in Physical Education. He hails from Baldwinsville, NY, where he attended C. W. Baker High School.

Fiorentino has had his share of setbacks. He was the last man to make the team in 2006 and in 2007 he broke his leg playing basketball. While sidelined, Fiorentino realized his calling to become a coach, but still could not anticipate what he had in store for him late in the 2008 season. Fiorentino was placed as the starting goalie in both the semifinals against Gettysburg and the National Championships against SUNY Cortland.

Fiorentino's Cinderella-like fairy tale doesn't end with the fact that he made a career-high 14 saves in his third-ever collegiate start with the top-ranked SU men's lacrosse team and NCAA Division III National

Champions. The real "happily ever after" scenario begins this fall, as Fiorentino remains at SU to pursue his Master's in Post-Secondary Education under the guidance of his idol and mentor.

Besides SU Lacrosse, what are your other favorite sports teams?

I am a huge San Francisco 49ers fan and have been since I can remember watching football. I love the Boston Bruins (NHL). I'm always rooting for every Syracuse Orange sports team. I'm not a big fan of baseball teams but I love baseball caps. The Oakland A's have the best colors.

What is your favorite food or meal?

I love deli sandwiches or subs. I could eat them for breakfast, lunch or dinner, but I don't. My favorite subs come from Wegmans and Jerek Subs. They have the best bread and that's what makes a great sub. I can eat a lot of crabs, too. I am in heaven with a bushel of crabs. But if I could

choose any meal, it would have to include my mother's sauce. It's great with any pasta or meat.

Do you have a favorite animal or pet?

I have a black lab named Cooper.

Where is your favorite place to go?

I love being home with my family and in Baltimore with my sister, Meredith. Any big city is a lot of fun. Of course, I also enjoy spending time with my girlfriend wherever that may be.

Who is your inspiration?

My inspiration has to be Jim Berkman, my coach. He has done so much for me. He has instilled many valuable morals that I will continue to follow for the rest of my life. He's taught me perseverance, hardwork and to always do the right thing in both sports and life.

What do you like to do in your free time?

I like to hunt, fish, play golf and other sports, and maybe play a little guitar here and there. I enjoy a good book on road trips and really enjoy hanging out relaxing.

What is your favorite college memory so far? (This is probably an obvious question.)

Laughs. Ha - being the starting goalie and winning the National Championship game!

When were you young, what did you aspire to become? And how about now?

I used to play a lot of ice hockey. I wanted to go to college and play Division I ice hockey. As I got older, I realized lacrosse was the sport for me. Now I dream of being the best coach I can be which takes years to accomplish.

What are your plans after college? Coaching college lacrosse. I will be a graduate assistant coaching under Jim Berkman for the next two years and I couldn't ask for a better mentor.

During finals week when I was deciding what to wear to for the day, I found something in my bottom drawer under a blue Peyton Manning jersey that would assure me an exciting day on campus.

I unfolded my creased, maroon "Got Gulls" shirt and wore it under my Salisbury University hoodie. I was excited to dawn our sometimes less than intimidating mascots name on my chest. I was even more excited that afternoon when I watched our national champion lacrosse team completely crush York 20-7 in the CAC semifinals.

Salisbury University is experiencing what very few colleges and universities do, complete excellence and domination in every sport. This spring, Salisbury has run through the CAC. Salisbury athletics earned five No. 1 seeds in the CAC tournaments in baseball, men's lacrosse, women's lacrosse, men's tennis, and softball. Men's and women's lacrosse, baseball, and softball all went on to capture CAC titles.

Before watching our spring Sea Gulls bring home CAC gold, I witnessed our program dominate the fall scene by winning four CAC championships. Field hockey, men's cross country, men's soccer, and volleyball all gave SU fans reasons to cheer.

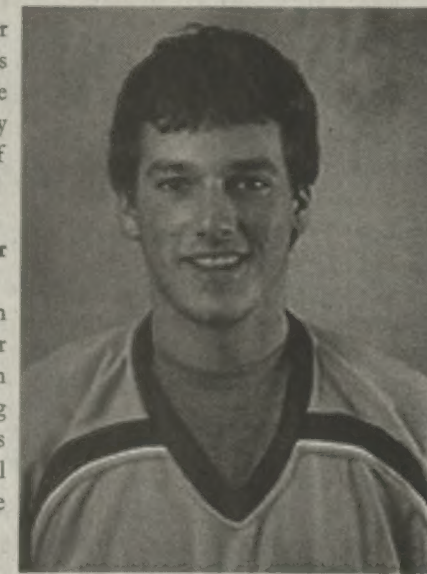
CAC championships are familiar ground for the spring Sea Gull athletes and programs. Four teams entered championship week as the defending champions.

SU's baseball team has put together one of the most impressive winning streaks in all of sports. By winning 35 straight games, SU put together the nation's longest baseball winning streak. The team was incredibly fun to watch this season. I have always been a fan of the sport, but the Gulls made baseball fun. Behind the bats of Arminger and Miller and the excitement of 27 team home runs, the SU offense turned an otherwise boring sport into an action packed day at Sea Gull Field. The baseball team made it all the way to the regional final before falling to No. 10 JHU, capping off an amazing season.

SU softball was another diamond full of excitement this spring. On 27 different days, the Sea Gulls gave fans something to cheer about. The softball team also rewarded fans and the university with the excitement of the home run, hitting 36 as a team. Waskewicz led the team with 16. If you have not seen a softball game, you've missed a magical season by the sophomore short stop Waskewicz. The first team All-American batted .470, hit 16 homers, and drove in 36 runs.

SU athletics has received most their recognition from the men's lacrosse team and deservedly so. This season was particularly exciting to be a part of SU continued to completely blow away lesser skilled teams but games against the nation's top-ranked teams such as Gettysburg and St. Lawrence have made this season extremely fun and just as competitive. SU went on to capture their 8th and second consecutive national championship.

Athletes such as Kaylor Berkman, the 2008 championship game Most Outstanding Player, and Delannie Spriggs turned in seasons to remember. If you have missed out on this athletic year come back next year prepared to wear maroon and gold and make an effort to attend every sports game possible and enjoy them because in the end, winning never gets old.



SU lacrosse goalie Nick Fiorentino

choose any meal, it would have to include my mother's sauce. It's great with any pasta or meat.

Do you have a favorite animal or pet?

I have a black lab named Cooper.

Where is your favorite place to go?

I love being home with my family and in Baltimore with my sister, Meredith. Any big city is a lot of fun. Of course, I also enjoy spending time with my girlfriend wherever that may be.

Who is your inspiration?

My inspiration has to be Jim Berkman, my coach. He has done so much for me. He has instilled many valuable morals that I will continue to follow for the rest of my life. He's taught me perseverance, hardwork and to always do the right thing in both sports and life.

What do you like to do in your free time?

I like to hunt, fish, play golf and other sports, and maybe play a little guitar here and there. I enjoy a good book on road trips and really enjoy hanging out relaxing.

What is your favorite college memory so far? (This is probably an obvious question.)

Laughs. Ha - being the starting goalie and winning the National Championship game!

When were you young, what did you aspire to become? And how about now?

I used to play a lot of ice hockey. I wanted to go to college and play Division I ice hockey. As I got older, I realized lacrosse was the sport for me. Now I dream of being the best coach I can be which takes years to accomplish.

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★ Sea Gulls ★

★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★ SPORTS BEAT ★

A year in review: SU sports are near



Lacrosse USA photo

SU Men's Lacrosse won the 2008 NCAA Division III National Championship!

By Sam Atkinson
Director of Sports Information

Success is nothing new for the Salisbury University athletic program. The 21 varsity teams completed another terrific season during the 2007-08 campaign. Salisbury is a proud member of the Capital Athletic Conference and the Atlantic Central Football Conference. In the 2007-08 season the Sea Gulls won nine CAC championships while the maroon and gold finished second in six other sports. For the past two seasons the Sea Gulls have captured the CAC All-Sports award, given annually to the top all-around athletic program in the conference over the course of one academic year. SU is in line to hold onto this award after this season.

The Sea Gulls have won 12 NCAA Division III national championships since 1986. Salisbury's men's lacrosse program defeated SUNY Cortland 19-13 before a NCAA record 24,317 at Gillette Stadium on May 25 to repeat as national champions. The men's lacrosse program has won eight national titles since 1994. Salisbury's other national championship program is field hockey. The Sea Gulls are the only NCAA Division III program to win three national titles in a row as the program has four championships to their credit.

This past year the Sea Gulls made national news as several teams, student-athletes and coaches reached milestones.

BASEBALL: The Sea Gulls won a school record 35 games in a row en route to a stellar 41-4 overall record. Salisbury was ranked fourth in the country for the majority of the season as the maroon and gold swept the CAC postseason awards and placed two players on the All-American third team.

CROSS COUNTRY: For the third straight year the CAC men's cross country championship resides in Salisbury, Md. The Sea Gulls won their seventh overall title while the women's team finished second overall. SU senior Eric Graves, the CAC Runner of the Year, earned a spot in the NCAA championship race.

FIELD HOCKEY: Salisbury made its 10th NCAA national semifinal appearance this past season as the Sea Gulls held the No. 2 ranking for the majority of the season. Senior

All-American Danielle Twilley, the CAC Player of the Year, guided the maroon and gold to their 13th straight CAC championship.

FOOTBALL: The Sea Gulls made their third NCAA tournament appearance under the tutelage of Coach Sherman Wood. Salisbury finished second in the ACFC and held onto the Regents Cup as the Sea Gulls defeated in-state and conference rival Frostburg State University in Annapolis, Md., at the U.S. Naval Academy.

MEN'S BASKETBALL: The Salisbury University Sea Gulls pulled one of the biggest upsets in the history of the CAC men's basketball tournament this past season. The Gulls took down top-seed York (Pa.) College on their home court in the CAC quarterfinals to advance the conference semifinals. Sophomore Greg Palmer earned all-conference honors.

MEN'S LACROSSE: SU coach Jim Berkman became the all-time winningest coach in NCAA men's lacrosse history during the NCAA tournament. Berkman finished the season with 330 career wins. His son, Kylor, earned the Division III National Player of the Year and repeated as the Midfielder of the Year. SU will enter the 2009 season with a 45-game winning streak.

MEN'S SOCCER: SU coach Gerry DiBartolo earned his 300th career victory this past season as the Sea Gulls won their sixth CAC championship, first since 2004, and advanced to the second round of the NCAA tournament. SU had three student-athletes earn all-region honors.

SOFTBALL: Sophomore Kelly Waskewicz smashed the school record for career home runs as the All-American shortstop slammed 17 home runs during the season to give her 34 in her career for the maroon and gold. SU won its 12th straight CAC championship and finished with a 32-7 record.

SWIMMING: The Sea Gulls performed well at the CAC championships this past season. Salisbury's men's team repeated with a third-place finish as the women's team improved from the year before with a fourth-place finish. Sophomore Mike Ferrari became the first Sea

Gull to win a CAC championship event in seven years.

TENNIS: The SU men's and women's tennis programs finished second in the CAC behind University of Mary Washington. The men's team was ranked 12th nationally as the Sea Gulls sent senior Brendan Kincaid and sophomore Scott Burtzlauff to the NCAA national singles and doubles championships.

TRACK AND FIELD: It was another successful indoor and outdoor seasons for the SU men's and women's track and field program. Sophomore Delannie Spriggs became the first-ever Indoor All-American as he finished fourth in the 55-meter dash. The SU men's outdoor team won a CAC record fifth straight championship.

VOLLEYBALL: Junior Stacey Krebs, the CAC Player of the Year, became the first-ever volleyball All-American in the program's history. SU won the CAC championship for the first-time since 2004 and earned an appearance in the NCAA tournament. Krebs and sophomore Gabby Long earned a spot on the All-CAC first team.

WOMEN'S BASKETBALL: A new era began for the Salisbury University women's basketball program as Charisse Mapp completed her first season at the helm for the maroon and gold. SU made some noise in the CAC tournament as the Sea Gulls took down third-seed St. Mary's (Md.) College in the quarterfinals.

WOMEN'S LACROSSE: SU women's lacrosse senior All-American Sue Ackermann guided the Sea Gulls to a record 22 wins as SU reached the NCAA national semifinals. Ackermann finished the season with 152 points (a school record) which was two shy of the national record set in 1996.

WOMEN'S SOCCER: SU senior Kate Weaver became the first-ever women's soccer Academic All-American in program history. The Sea Gulls won the CAC regular-season and reached the conference tournament final. SU earned a second straight berth into the NCAA tournament.

Six Sea Gulls earn USILA All-American honors, three on first team

SALISBURY, Md. - For the sixth year in a row the Salisbury University men's lacrosse team placed at least three players on the United States Intercollegiate Lacrosse Association (USILA) Division III first team. The 2008 NCAA Division III national champion Sea Gulls (22-0) placed a total of six players on the various four teams.

Senior attackman Matt Hickman, junior midfielder Kylor Berkman and senior defenseman Ben Sandlin were named to the first team. Top-ranked SU then had three players receive All-American honorable mention honors they include; senior attackman Greg Titus, senior midfielder Bruce Richardson and sophomore midfielder Mike Von Kamecke.

This is the second straight year Berkman, Hickman and Titus have been honored by the USILA. For Richardson, Sandlin and Von Kamecke this is their first appearance on an USILA All-American team.

Berkman is making his second straight appearance on the All-American first team. The Salisbury, Md., native was recently named the USILA Division III Player and Midfielder of the Year. The 2008 Capital Athletic Conference Player of the Year finished first on the team in assists (49), second in points (83), fourth in goals (34) and fifth in ground balls (69). He earned Most Outstanding Player honors of the national championship game as

SU captured its eighth national title on May 25. In three seasons, he has scored 215 points (sixth all-time in SU history) and passed out 129 assists (third all-time in school history).

Hickman moved up a team this season as he was on the second team last year. The Darnestown, Md., native led the team in goals (61), points (94), shots on goal (118) and was second on the team in assists (33). Last season, Hickman scored 75 goals and also accumulated 94 points. The All-CAC first team attackman concludes his four-year career at SU with 142 goals (eighth all-time in SU history), 53 assists and 195 points.

Sandlin, a four-year letterwinner, concludes his career with a spot on the USILA All-American first team. The senior co-captain anchored one of the top defenses in the country. The All-CAC first team defender was second on the team in caused turnovers (48), fourth in ground balls (71) as he started all 22 games. In four years the Magnolia, Del., native scooped up 120 ground balls and caused 69 turnovers in 60 games for the maroon and gold.

Titus, an All-CAC second team attackman, makes his second straight appearance on the USILA All-American honorable mention list. The Setauket, N.Y., native was second on the team in goals (55) and third in points (65). He ends his SU career with a perfect 84-0 record and four national champi-

onships as he missed the '06 season but played in '04 and '05. Last season, he led the team with 76 goals scored. In four seasons, Titus scored 134 goals (ninth all-time in SU history), 27 assists and 161 points.

Richardson came on strong for the Sea Gulls down the stretch of the '08 season. The shifty midfielder from Kirkwood, Mo., scored 18 of his 36 goals in the final seven games for the maroon and gold. He finished the '08 season second on the team with four game-winning goals and was third overall with 36 goals and fifth with 50 points.

Von Kamecke, an All-CAC second team midfielder, played in all 22 games in '08 for the Sea Gulls where he racked up 32 goals, 21 assists and 53 points. The Winter Park, Fla., native finished the season second in assists, tied for fourth in goals and fourth in points for SU. In two seasons he was scored 41 goals, 26 assists, 67 points in 45 games.

The six new All-Americans brings Salisbury's all-time program count to 167 All-Americans since 1975. SU coach Jim Berkman has coached 138 All-Americans in his 20 seasons at the helm for the Sea Gulls. In 17 of the 20 seasons during the Coach Berkman era there has been at least one Sea Gull on the first team.

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SALISBURY SPORTS CALENDAR

September	October	November	December	January	February	March
Start the semester by checking out the following Fall sports: FOOTBALL FIELD HOCKEY SOCCER (M,W) VOLLEYBALL CROSS COUNTRY (M,W)	Saturday, October 18: HOMEcoming FOOTBALL GAME Floor Hockey, Dodgeball, and Disc Golf intramurals are all taking place this month	Don't forget to check out some RUGBY games before Winter Break! Also, Santa Claus Basketball is coming to town...	Taking winter classes? Then take some time to check out the Men's and Women's BASKETBALL teams!	Don't let January go by without checking out Coach Holmes and Coach Mapp lead their basketball teams to victory!	SU Men's and Women's SWIMMING teams are still diving head first into winning athletic conferences!	Get ready to hear the word "champions" in relation to the following Spring sports: LACROSSE (M, W) TRACK & FIELD BASEBALL SOFTBALL TENNIS (M,W)